

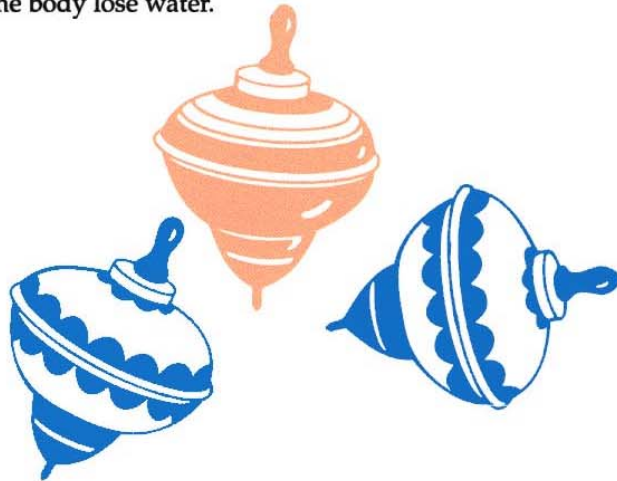
## WATER - HOW MANY GLASSES???

Did you know water is just as important as the foods we eat? Many people drink too much pop, juice, and other sweetened liquids, and not enough water.

### We need to drink 6-8 glasses of liquid a day

- 2-4 glasses of milk
- 1-2 glasses of juice
- 2-5 glasses of water

Don't count coffee, tea and pop, as the caffeine makes the body lose water.



**Too much milk** can cause anemia. If we or our children drink too much milk, there may not be room for the other **healthy foods**.

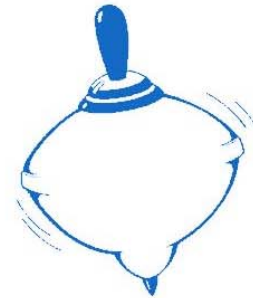
**Too much juice** has a lot of calories and may cause unwanted weight gain. Too much juice can cause tooth decay and diarrhea in children.

### Learn to like water

- Limit milk to 4 glasses a **day**.
- Limit juice to **1-2 glasses a day**. Put juice out of reach of children.

Keep a pitcher of water in **the refrigerator**—cold and ready to go.

- Add lemon juice or lemon slices **to water** to improve the taste.
- **Drink** tap water—it is cheaper and **usually a good source of fluoride**, which helps prevent tooth decay.
- **Eat juicy fruits** to help quench thirst.



**WIC Because  
You Care**

North Dakota WIC Nutrition Program  
600 E. Boulevard Avenue  
Bismarck, ND 58505-0200  
1-800-472-2286